

IRONING BOARDS

Ironing boards provide surfaces for ironing. They can be improvised or purchased.

Ironing boards can be improvised with a plain board, supported on bricks or stones. Ironing can also be done on padded tables or even the floor, though these might be uncomfortable for the worker.

Modern ironing boards are adjustable. So the worker can always adjust the board to a comfortable working height.

Points to Consider in Choosing an Ironing Board

1. Adjustment of the board from lower to higher positions, or vice versa, should be quick and smooth.
2. Pads for the board should be thick and fluffy but still offer a firm surface for ironing.
3. Ironing board covers should be made of cotton muslin or cotton twill. They should be washable.
4. The cover should fit the board and remain without slipping. It should, however, be easy to remove and change when it is dirty or damaged.

Sleeve Board: This is a small board, used only for ironing sleeves. It must also have a cover which can be taken off and washed.

Iron Stand: This is not necessary with electric irons because each has a heel on which it can stand. An iron stand is also an integral part of an ironing board. When we use the other types of iron on a table or floor, we need an iron stand. This may be made of asbestos or metal. It can also be improvised.

Guidelines for Ironing

1. The iron must be clean.
2. Study the instruction on the care label of the garment, if available to ascertain the temperature which the article can withstand. If there is no care label, test the iron on

an inconspicuous part of the garment first before ironing.

3. Damp the article.
4. Regulate the temperature of the iron to suit the article and its dampness.
5. Place the article carefully on the ironing board or surface before starting to iron.
6. Iron all double and thick parts such as pockets, hems, and seams on the wrong side.
7. Iron all small parts and trimmings, such as belts, shoulder pads, and frills.
8. Move ironed part of the article away from you to avoid further creasing or wrinkling.
9. Use the left hand ahead of the ironing to smooth the work, and to hold where necessary.
10. Do not stretch the material as this may result in loss of shape.
11. Iron along the grain of the fabric where possible.
12. Iron embroidery and lace on the wrong side over a clean piece of cloth such as calico.
13. Turn garments and articles as little as possible during ironing.
14. Iron articles to dryness before airing.
15. Iron around fastenings and zippers, not over them. Airing

After ironing a cloth, there is always a little steam left between the fibres or threads.

The steam is so little that it cannot be felt with the hand. However, if it is left in the cloth, it could result in creasing and spoiling of the ironing. The dampness can encourage mildew attack and in some cases, especially with children's wear, chill the wearer.

Ironed articles should, therefore, be aired by:

- a. Putting them out in the sun where possible for a little while so that the dampness can dry out completely.
- b. Placing them on a clothes-horse, a line, or the back of a chair near a window for some time.

Folding and Storage

After airing, clothes can be stored away by either hanging them in a wardrobe where available or folding and putting them away in a box or a drawer.

Folding procedure

Clothes are folded so that they can be stored in a little space and in such a way that the finishing, (ironing or pressing) which has been given to them, is not spilt before they are used.

1. Air the ironed article thoroughly.
2. Fasten any buttons or other fastenings (except the belt).
3. Fold in such a way that the article will not wrinkle or crease before use.
4. Arrange fullness in pleats and folds.
5. Fold along the grain of the fabric first. Then make a number of folds across the grain depending on the length of the article. Bedsheets will have more folds than a shirt or blouse.
6. Iron folds into bed linen and most table linen.
7. Press folds lightly by hand into undergarments. Folded articles should be carefully placed in a box or a drawer.

Sponging and Pressing

Thick articles, such as wool and wool mixture which may shrink or lose their shape if washed, can be freshened up by sponging and pressing.

Sponging solutions include:

1. Warm water, which can remove many food spots and is suitable for sponging all fabrics.
2. Warm laundry blue water is useful for dark blue fabrics.
3. Vinegar (1 teaspoonful) in half litre of water is suitable for dark-coloured materials.
4. One tablespoonful of common salt or ammonia in half litre of water can be used on

light-coloured fabrics.

5. Solution of soapless detergent with warm water is suitable for heavily soiled articles.

Sponging Procedure

1. Shake the garment in the open air.

2. Brush the garment all over, giving special attention to the inside of the pockets, pleats

collars, cuff, etc.3. Make a suitable sponging solution, considering the fabric type, colour, and state of

dirtyness of the garment to be treated.

4. Place the article on a clean flat surface.

5. Apply the solution evenly to the right side of the article, rubbing lightly with either a piece of material similar to that being sponged, or with a muslin or a small soft sponge.

6. Inspect closely for any stain and treat according to type.

7. Hang out to dry.

8. Finish by pressing on the wrong side using an iron temperature suitable for the fabric being treated.